KRAMER, FAMOUS ATHLETE, **OWES 25 YEARS OF SUCCESS** TO HIS SYSTEM OF LIVING

Champion Cyclist Began Career With Well-Laid Plans and He Never Has Changed Them—Reserves All His Energy for Racing-"Early to Bed and Early to Rise" a Pet Idea of His.

By Robert Edgren.

IK KRAMER of New Jersey is one of the greatest athletes eve loped in America, or in the world, for that matter.



For a quarter of a century Frank has been riding bike races accumulating championships, breaking records. And he is still at it, and apparently as fast as ever. April 18 be defeated Raymond Enton, the professional champion, in two out of three heats of a one-mile match race.

This amazing record should be source of inspiration for every young athlete in the United States.

Empedally so because Frank Kramer's great success has been due entirely to clean living and strict adherence to a well planned athletic system that has brought him wealth and perfect health.

Because he started with an ambition to succeed and laid out a course

sep bin fit at all times, and changed his plans, Frank great when Kramer began collecting champed his plans, Frank great when Kramer began collecting championships have faded from sight and almost from memory, but Frank goes out still and wins with the same old sprint.

And probably any of the others could have lasted as long as Kramer if they had adopted his idea of the athletic life and stuck to it as he has.

into New Jersey to have a talk with young Frank Eramer, who was athe entered on the old bike dirouit. He ras a sice, clean-looking, neat coungster, with a smooth face and light blue eyes and light curty hair, a now that stuck out like the ram of cause a fell a battleship, and a thin-lipped, determined mouth. He was broad red, well built from neck to and evidently an athlete in

that the things Frank Krumer told me that day are exceedingly interest-

a that day are exceedingly interest. It wanty years later, showing how erfectly his plans for the athletic fe have worked out.

"I used to ride on the read a great cal before I took to racing on the wack," said Frank. "I passed everying I met or started out with when I was sixteen I thought I'd by the truck, so I started as a novice and rode usplaced in four races."

This was in 1895.

KRAMER NEVER "GIVES UP."

Now see how he planned when he was only twenty to be successful in his object profession. This is what in told me about his idea of the ath-

"I try to keep all my overgy and strength for racing.
"Most fellows go in for a good time on the circuit. Not me. I send my money home and take good care of it. I guess I'll find a use for it when

we four out of five national championships in 1898. As a professional
is has wen more championships,
more match more championships,
more ratch more prize
money than any other rider in his
time or before it. His fame has
adjoed even that of his great New
lersely predecesor. Zim. 'the Jersey
Skreter,' who rode a Star bike with
a 14-inch rear wheel and a little
whell in front and won so many
grand gianns when in was an amatury that he had to keep them in a
marchouse. 'Cannon Ball' Eddie Bald.
Major Taylor and sours of other

AMERICA'S CYCLING CHAMPION



MAJOR LEAGUE AVERAGES

NATIONAL LEAGUE BATTING. , AMERICAN LEAGUE BATTING.

And, by the way, Frank tells me he likes the athletic life as he lives it, and wouldn't live any other way if he had a million dollars and nothing to do but spend it.

"It's worth while," says Frank, "because a fellow feels so good all the

GAMES YESTERDAY.

GAMES TO-DAY

LIVE WIRES

By Neal R. O'Hara

California was saving its raspberries for Hoover.

St. Louis, the Eternal City of the second division.

THE YANKS ARE STILL LEADING THE LEAGUE IN EXPENSE.

Ohly reasonable the Tigers and White Elephants should fight for

The telephone service is going from bad to pieces

The Detreit team is trying, especially to the Detroit fans.

Philadelphia is between New York and Washington, except in the que standing.

The experts that tessed bouquets at the Tigers a month ago are tossing listes Ajar at them now.

A raisin is an escaped drop of grape juice.

Jackson and Dundee Contest

\$13,000 Advance Sale.

on April 28, 1819, which was won by
Leonard with a knockout in the last
round, has there been so much interest
displayed in a bout between lightweights in that city as there is in the
twelve-round go between Willie Jackson and Johnny Dundee, the Italian
son and Johnny Dundee, the Italian on April 28, 1919, which was won by

Lightweight Bout Scheduled for east rounds at the Olympia A. A. of Philafor Friday Night Has a con Carl Purpose of St. Paul for ten rounds at

S13,000 Advance Sale.

By John Pollock.

Not educe Champion Benny, Leonard and Willie Ritchie fought their great eight-round battle in Newark, N. J., May 17. Sammen is a fast, clover botor, and be may beat Kelly. The viceser will meet Willie Riran of New Branswick in two weeks.

be a very bus bunch. Jor Keit has promised to buy bunch. Jor Keit has promised to buy occurred in the next—the fifth inning. Mitchell. Olson, the Florentine, pasted a spaint win.

Polo Grounds Fans Could Not Have Had More Thrills Had They Done a Tail-Spin

Giants Win an 11-Inning Game From the Robins That for Excitement Surpassed Anything Remembered, Even by the Old, Old-Timers.

By Charles Somerville.

NEVER looked at a baseball game that wasn't worth watching one way or another, but a gent sort of sits up straight-straight as an arrowwhen inning after inning there devolops before his eyes a classic of

Not an eighth of an inch short of that was the spectacle afforded the incky onlookers at the Polo Grounds yesterday. I don't think John McGraw, Uncle Robbie, a fellow named Mathewson that you may never have heard about, or even Willie Keeler will contradict me if I venture to assert that there has seldom in all the knowledge of the game these confirmed ignoramuses possess been shot across a diamond a more thrill-

League riveiry 'twixt the Giants and has made him a star, a great flying Dodgers always starts one of their stop of Wheat's drive, Benton held games off with an extra jump. But Kilduff to a fly to Young and fanned the distinguished Zack Wheat. Our when you crowd on that the fact that everything happened that could hap-

One instant a player joited into a bone that deserved the electric chair, and rear fence. sixty-two half-fifths of a second later the same gent was banging into the the same gent was banging into the heroics with a homer or a three-bagger, or fielding and throwing like a fiend, whereas he had been figuring as a muff and a marplot, a bind man and a boob. There were eleven innings of it (these Dodgers seem to be stuck on Marathon baseball), and from the fourth inning onward the old score for a double, Young walked, and cap Fletch knocked it for a single

Expected to Draw \$32,000 Gate

Marathon baseball), and from the fourth inming onward the old score beard was kept ligging, registering one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one way or another until the fans, who were evenly divided in sympathy, simple one fans the four the fans, who were evenly divided in sympathy, simple one fans, the faust of

and the general. Heart ins. I general Terminal and support the support of the property of the support of the su

fifth began with Statz, who has gone into a slump, being thrown out by Johnson. But Lear-Lear of the tragic third base bone of the fourth— takes his mallet in hand and the duffer of 3.42 was the hero of 3.45 P. M. at the Polo Grounds. For Mr. Lear laced it to left with a smash that made the old ball sing as it sailed—sailed not only into the left bleachers, but cracked a picket in the

Can you imagine? (As the cabaret piris say as they tell you that they come from fine old Southern families).

BEST SPORTING PAGE IN NEW YORK MARION HOLLINS WINS GOLF PRELIM ON IRISH COURSE

But Mrs. Vanderbeck of American Championship Team Is Defeated.

AW GEE

HORSE-RADION

NEWCASTLE, County Down, Ireand, May 8.-In matches played today preliminary to the British Ladies' women. Mrs. C. H. Vanderbeck American, was beaton by Miss Jackson, Irish. Miss Marion Hollins, American, easily defeated Mrs. Hul

LONDON, May 8.—Fifty-seven entries have been received for the British Ladies' Goif Championship tournament which begins at Newcastle, County Down, Ireland, next Tuesday.

This is about a third of the recordentry of 166 received in 1914. In addition to the four American entrants. Miss Marion Hollins, Mrs. C. H. Vanderbeck, Miss Mildred Caveriey and Miss Rosamond Sherwood, there are two Canadians and many prominent English and Irish champions and former champions. LONDON, May 8 .- Fifty-seven en-

two Canadians and many prominent English and Irish champions and former champions.

The draw for the first round brings Miss Cavarley against Miss A. C. Mackennie of Toronto, Mrs. Vanderbeck vs. Miss Ames, Miss Hollins vs. Mrs. Cruise and Miss Sherwood vs. Miss M. Griffith.

The American players went around the course yeaterday in good form, notwithstanding the high wind and a terrential downpour of rain. At the completion of the round Miss Hollins end to the Associated Press correspondent:

"We love the course and are delighted with our visit here. The surroundings are beautiful and we are looking forward to a pleasant stay."

The members of the party were not so enthusiastic about the weather, however, in view of the conditions under which they played on Thursday.

The course is considered use of the best in the United Kingdom, and it is in excellent condition. During the past few days many women have been familiarising themselves with the links, and with so many of the best golfers competing an interesting and close competing is expected for the championship.

A match between married and single players was scheduled yesterday, and to-day an English-Irish contest for international honors. On Monday there will be a stroke competition and en Tuesday the championship matches will begin.

Princeton golfers defeated their Dartmouth rivals 6 to 3 in a team match over the links of the Engineers' Country Club yesterday.

If the margin of victory scored by Columbia on the previous day over the same combination is any criterion, there is little to choose between the New Jersey and Morningside teams. It will be recalled that Columbia won from Dartmouth by the same score.

Simpson Dean, the Princeton Captain, paired with Richard A. Haight, and those two made a powerful combination, easily defeating A. F. Boyd and R. J. Rothschild.

BINGHAMTON, N. Y., May 8. - in the hardest fought ten-round battle vicinity, Clay Turner, the Indian this vicinity, Clay Turner, the Indian light beavyweight, and Paul Sampson, the heavyweight, both of New York, fought a draw at the first open-air boxing show here this season at the local baseball park. The men punched each other all over the ring, and as a result they bled freely throughout the majority of the rounds. They will be rematched for another contest here in two weeks.

centre. Bennie Kauff raced in for it. took it with his gloved hand on the first bound and shot it for the plate one of the fastest, prettiest out. in was a whizzbang for speed and accuracy, but Snyder, OUR catcher, got it on the edge of his glove and it took a forty foot bound. Some bound off a glove for a ball chucked from centre. Elliott, of course, scored. Johnston's jab was knocked down by Doyle, but Olson scurried home on it while Johnston was massacred, at

while Johnston was massacred, at first. Kilduff got by with a safety, but Barnes tossed out Wheat.

The "EL" tower house whistle going at full blast this time, was a bum soprane compared to the screams, shrieks, whistles and howis of the Dodger devotees.

What ho! said they, what do you know about Six to Four as the final score?

Just a minute, mid WE. And My.

the final score?

Just a minute, said WE. And Mr.

Lear tripled. And Mr. Mitchell got
right away rounced by Uncle Robbje,
Grimas being summoned. Our Mr.

Kid Kelly tripled, scoring Our Mr. Lear. Grimes threw out Snyder and Our Mr. Smith went in to bat for Our Mr. Barnes. Our Mr. Smith his to Their Mr. Grimes and Our Mr. Kid to Their Mr. Grimes and Our Mr. Kid Kelly was caught off third. He jock-eyed his way through half a dozen Dodgers safely back to third. But just at that moment, wherever he got his inspiration from, Our Mg. Smith also pounded from second to third bag, and Our Mr. Kelly and Our Mr. Smith were to have been seen staring wildly at each other while standing on the same bag, Our Mr. Smith was, of course, out. Our Mr. Smith was, of course, out. Mr. Burns walked. Then our Young singled to right, scoring Our Mr. Kelly and putting Our Mr. Burns on third and Our Mr. Young on ser-ond. And then Our Capt. Fletcher sent such a stiff grounder toward first that Schmandt muffed it, and Our Mr. Burns travelled across with the Grand Tally, and all Coogan Bluff. around alapping everybody on the

ROLLER SKATING ST. NICHOLAS RINK

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"We assaless dally including fluedays. 2 to 2
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THUM BOWLING AND BILLIARD